Mental Health Self-Assessment Program®

Screening, Education and Referral

For Military Service Members, Veterans and Families

Mental Health Self-Assessment Program™

Feeling Disconnected?
Put the pieces together with an anonymous self-assessment.
www.MilitaryMentalHealth.org
or by phone at
877-877-3647
For families and service members affected by deployment

A bridge between self-awareness and treatment

MHSAP Goals

Help protect the mental health of family members and service members by:

- Providing free, voluntary and anonymous self-assessment tools for service and family members to determine their risk of a mental health disorder
- Educating about available mental health treatment services
- Reducing the stigma of seeking help
- Encouraging use of treatment services through referrals to military treatment providers

Why Screen?

- SMH screening programs initially developed to address untreated mental disorders among members of the general public who avoided treatment-seeking due to stigma
- Approximately 500,000 screenings of community members and students completed each year through SMH programs
- SMH screening programs extended to military as natural extension of existing DoD mental health services.
- Validated screening tools show presence of symptoms and severity, indicating whether evaluation is needed
- The goal is <u>not</u> to provide a medical diagnosis but instead to encourage help-seeking by providing a referral to a professional for an evaluation

The Mental Health Self-Assessment Program™

- Anonymous, self-directed, preventive
- Screening and referral for co-occurring mental health and alcohol disorders
- Online, telephone and in-person
- Spanish and English language
- For family members, service members and veterans, especially those affected by deployment and mobilization
- SOS Signs of Suicide program and BSAD online screening tool to identify teen-age dependents who may be depressed/suicidal.

The Mental Health Self-Assessment Program™

Online, Telephone and In-Person Screenings for:

- Depression
- Post Traumatic Stress Disorder
- Alcohol Problems
- Anxiety Disorder
- Bipolar Disorder

Plus, online screening for parents of teens to assess if their child may need evaluation for depression

Online and Telephone Screening – How They Work

- Anonymous screenings on 24/7 basis
- Accessible in privacy of home and in locations with computer or phone access
- English and Spanish language
- Immediate assessment results with explanation and guidance to take next step
- Referred back to military and veterans resources for evaluation/treatment
- Specialized referral information for active duty, National Guard/Reserve, veterans and family members

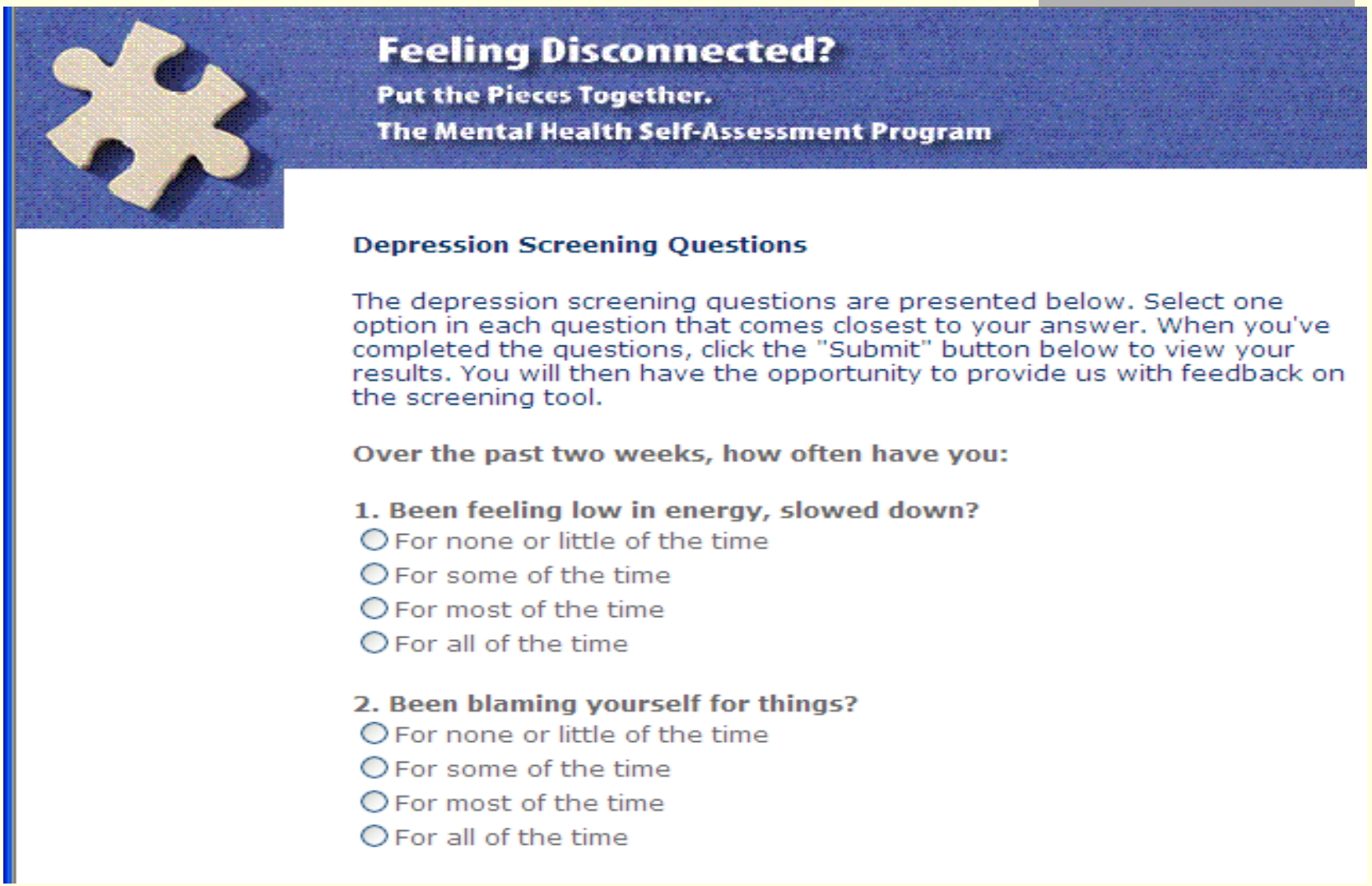
Online and Telephone Screening

- Toll-free automated telephone line with screenings for depression and alcohol problems. Available by calling 877-877-3647. Includes transfer to a live counselor at Military One Source for those wanting immediate assistance
- Online Screening includes educational information on all 5 disorders, plus links to additional web resources

Available at www.MilitaryMentalHealth.org

- Online and telephone screening promotional tips and sample materials are available via download at: www.MentalHealthScreening.org/Military

Online Screening Sample Test - Depression


Feeling Disconnected?
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The Mental Health Self-Assessment Program
Depression Screening Questions
The depression screening questions are presented below. Select one option in each question that comes closest to your answer. When you've completed the questions, click the "Submit" button below to view your results. You will then have the opportunity to provide us with feedback on the screening tool.
Over the past two weeks, how often have you:
1. Been feeling low in energy, slowed down?
For none or little of the time
For some of the time
For most of the time
For all of the time
2. Been blaming yourself for things?
For none or little of the time
For some of the time
For most of the time
For all of the time

In-Person Screenings

Three types of in-person screening kits available:

<u>For Installations:</u>

- **NDSD Mental Health Screening™** kit addresses depression, PTSD, generalized anxiety disorder, bipolar disorder and suicidality
- **National Alcohol Screening Day®** (NASD) kit addresses alcohol use disorders

<u>For DODEA Schools:</u>

- **SOS Suicide Prevention Program** addresses depression and suicidality among students enrolled in DoDEA schools

In-Person Screening

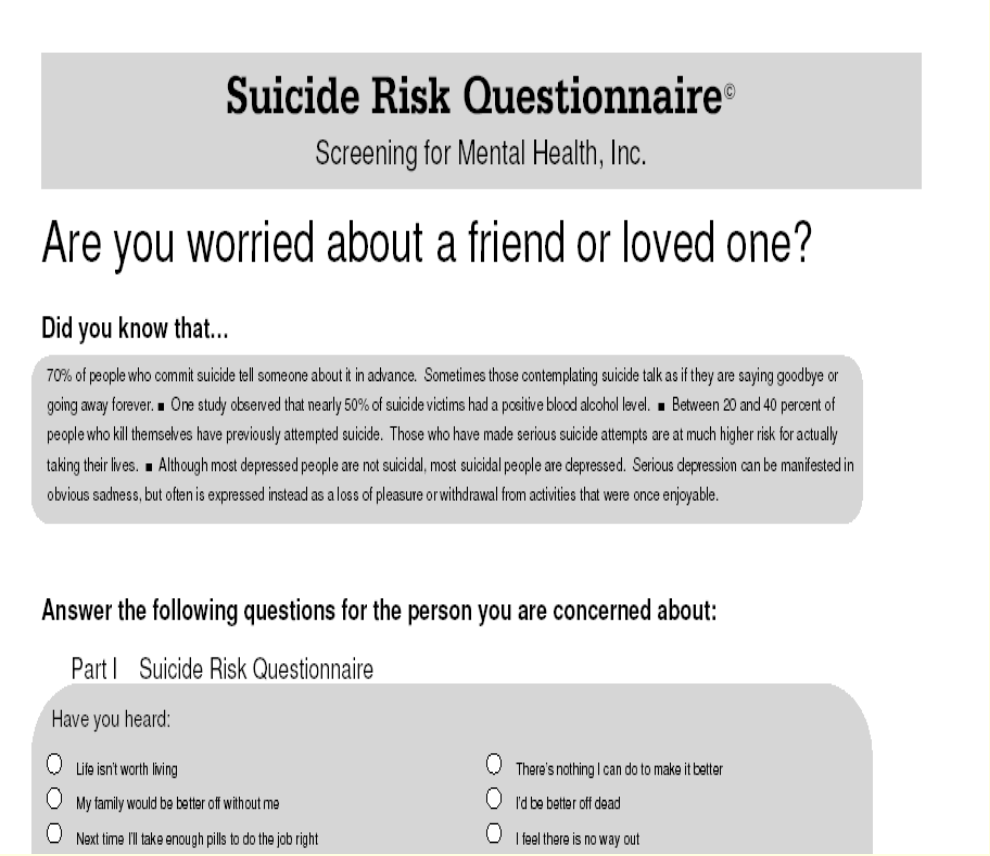
NASD and NDSD Screening Events

- Health-fair style events conducted by military bases, National Guard/Reserve units and
  VA facilities
- Free kit of mental health and alcohol education and screening materials
- Materials for 500 adult participants
- Requires staffing of at least one clinician and administrative-level personnel

In-Person Screening Kit

Screening Kit Includes:

- Suicide Risk Questionnaire
- Screening Forms
- Educational Brochures
- Banner
- Posters
- Video



Suicide Risk Questionnaire©

Screening for Mental Health, Inc.

Are you worried about a friend or loved one?

Did you know that...

70% of people who commit suicide tell someone about it in advance. Sometimes those contemplating suicide talk as if they are saying goodbye or going away forever. ■ One study observed that nearly 50% of suicide victims had a positive blood alcohol level. ■ Between 20 and 40 percent of people who kill themselves have previously attempted suicide. Those who have made serious suicide attempts are at much higher risk for actually taking their lives. ■ Although most depressed people are not suicidal, most suicidal people are depressed. Serious depression can be manifested in obvious sadness, but often is expressed instead as a loss of pleasure or withdrawal from activities that were once enjoyable.

Answer the following questions for the person you are concerned about:

Part I Suicide Risk Questionnaire

Have you heard:

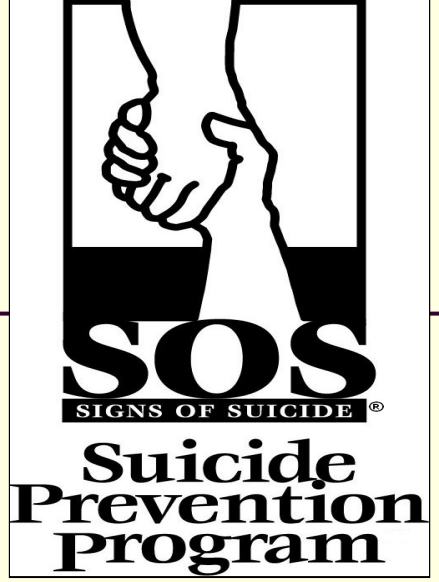
- ○ Life isn't worth living
- ○ My family would be better off without me
- ○ Next time I'll take enough pills to do the job right
- ○ There's nothing I can do to make it better
- ○ I'd be better off dead
- ○ I feel there is no way out

SOS Suicide Prevention Program For Teens

- Available to DoDEA middle and high schools
- Teaches students how to identify **symptoms of depression and suicidality** in themselves or their friends
- Educates teens about the relationship between depression and suicide and **promotes help-seeking**
- Provides **resources for parents**

SOS Goals

- Decrease unrecognized depression, suicide attempts, self-injury and the number of youths who die by suicide
- Increase knowledge and adaptive attitudes about depression, suicidality, and self-injury
- Encourage student help-seeking
- Reduce stigma associated with mental health problems
- Increase self-efficacy and access to health services
- Engage parents and school staff in prevention



ACT

Acknowledge that their friend has a problem, and that the symptoms are serious.

Care: Let that friend know that they are there for them, and want to help.

Tell a trusted adult about their concerns

SOS: An Evidence-Based Program

SOS is the <u>only school based program</u> to…

- Show a reduction in suicide attempts (by 40%) in a randomized-controlled study

  American Journal of Public Health, March 2004

- Be selected by SAMHSA for its National Registry of Evidence-Based Programs and Practices

SOS has also documented dramatic increases in help-seeking

Adolescent and Family Health, 2003

Online Screening Evaluation: FY'06

Evaluation was conducted by the survey research firm Westat to evaluate the online program's impact on participants.

- During the evaluation period the Web site was visited 25, 255 times for an average of 64 visits per day.
- The 25,255 visits to the website resulted in the completion of 40,877 screeners
- Active Duty Service Members accounted for about one-third (35.9%) of the visits. Military Family Members accounted for 18.4% of the visits.
- The Army accounted for 15.9% of the visits; the Navy accounted for 8.5%; the Air Force, 7.8%; the Marine Corps, 3.0%; and the Coast Guard, 0.7%.

Online Screening Evaluation: FY'06 Cont'd

- 72% used the self-assessment program to learn about their own symptoms.
- About one-third (34.9%) said that they were "very likely" to recommend the Web site to a family member and 40.4% would do the same for a friend
- 75.8% "Strongly Agreed" or "Somewhat Agreed" that they were satisfied with the program
- 72.5% likely to seek further information about a mental health concern as a result of using the program
- About two-thirds (63.2%) agreed that the self-assessment increased their understanding of how to get help with mental health concerns or alcohol abuse, while only 10.9% disagreed.

New for 2008

- Mental Health Education Video to educate about common stressors and adjustment issues
- Additional “family” kit with focus on stress prevention, wellness, and resiliency.
- Outreach to family groups (i.e., Family Readiness Groups, Key Volunteers, NMFA)
- Intensive outreach to veterans and family members to collaborate on “stigma-busting”
- Emphasis on emotional/psychological fitness rather than diagnosable disorders

Mental Health Education Video

- Dramatic vignettes address hardships of deployment on service members, their families, and veterans
- Interviews with:
  - military mental health experts,
  - chaplains
  - service members
  - family members
- Use video to encourage discussion about common hardships, from alcohol use, nightmares, hyper vigilance, and depression to the strains on family members who are left to raise children on their own while their loved one is deployed.

Video Goals

- Communicate that help-seeking is a sign of resilience and strength
- Educate viewers to recognize signs of mental health or alcohol problems and signs of resilience
- Empower family members and friends to take steps to help themselves or someone who shows signs of a problem
- Raise awareness that mental health and alcohol problems are common and treatable

Video Clip

MSO/VSO Collaboration

Our goal: Collaboration with you to get military members, their families, and veterans to use your services (VSOs and MSOs).

We help them identify a potential problem, you have the expertise to help them solve it.

Benefits for Service Members and Their Families

Self-Directed, Proactive, Preventive

- Non-threatening self-help format guides individuals to identify their own or a loved one's symptoms and to seek assistance
- Problems detected before becoming urgent
- Direct connection to treatment system

How to Participate

Sign up to offer the MHSAP program to your service members, veterans and families:

Contact Anne Keliher at

(781) 239-0071, ext. 112

or Military@MentalHealthScreening.org